

June and July 2015



Senior News

Senior Office • 763-512-2339

*Lawn Bowling Clinic – Tuesday, June 9



**Brookview Lawn Bowling Courts
10-11AM**

It's your chance to learn the game of lawn bowling. It's an easy game to learn and even easier to play!

Lawn bowling, or "bowling on the green," is an outdoor game that has fascinated both young and old for centuries. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It is an excellent sport for people of all ages, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well.

At the clinic, taught by a lawn bowling official, you will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. This is a hands-on clinic, so wear comfortable clothing, flat soled shoes, sunscreen (an absolute must when bowling in the sun), and a sun visor or hat. At the time of the clinic, you can sign up for a league to be played at Brookview.

\$3 includes equipment, clinic and refreshments
Last day to register/cancel: June 2. **Code: S2101A**

GV REC CONNECT

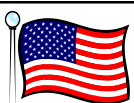


The NEW online registration system is up and running! Set up your own account and PIN number plus register for programs, events and trips! Safe, secure and easy! Check it out at:

www.goldenvalleymn.gov/Recreation

Register for Activities

Note: Activities with an * accept online registrations.



Brookview Community Center is closed on July 3 for the holiday.

CONCERTS IN THE PARK at BROOKVIEW



7:00 pm at the large shelter

Bring a blanket or lawn chair

M, June 8—Golden Valley Orchestra

TH, June 11—Robbinsdale City Band

M, June 15—St. Louis Park Community Band

M, June 22—Plymouth Concert Band

M, June 29—Gypsy Mania Hot Club Quartet

Gypsy-Jazz Artists

M, July 6—Wendinger Band

Polka, Waltzes, ethnic tunes

M, July 13—John Phillip Sousa Band and

Ice Cream Social

M, July 20—The Banjo Boys Variety Band

M, July 27—Minnesota State Band

M, August 3—Wendy's Wiggle, Jiggle and Jam!

Children's music

M, August 10—Choo Choo Bob Show

Skits and train-inspired music

M, August 17—One the Air

Rock music from the 60s, 70s, & 80s

*Chillin' with BandanAhh!– Monday, July 20

Brookview Community Center

1:00 PM



Let's celebrate National Ice Cream Day! Ice cream and toppings galore to make your own ice cream sundae or root beer float. Then enjoy your ice cream while listening to the music of BandanAhhh! From crooning love songs to rock n roll, Ban-

danAhhh! entertains, gets hearts reminiscing, voices singing, faces smiling, toes tapping, hips shaking and bodies moving.

\$5 includes entertainment, ice cream, toppings, cookies, and coffee/iced tea.

Last day to register/cancel: July 15

Code: S3301

COFFEE TALK



9:45-11:00 AM

Brookview Community Center

Join us for juice, treats and coffee. Call 763-512-2339 to register so there are enough treats for all. \$2.00, payable at the door.

Blood Pressure Check immediately following the program.

Loss of Privacy - Wednesday, June 24

Current technology enables others to collect information and know a lot about us. Learn about some precautions you can take to keep your life private. *Presented by Dale Stenseth, Money Matters member and public speaker.* Register by June 22

What is Tech Dump? - Wednesday, July 22

Tech Dump opened in Golden Valley in 2013 and recycles anything with a cable, cord, or battery (except large home appliances). Tech Dump is an electronics recycling social enterprise, using the proceeds from recycling and refurbishing electronics to create jobs for adults with barriers to employment. Learn about this safe way to reduce, reuse and recycle. *Presented by Amanda LaGrange, Director of Marketing.* Register by July 20.

MONEY MATTERS at Brookview



10-11:15 AM

Treats provided by Golden Valley Rehab & Care Center. No need to pre-register. Donations accepted for coffee.

Smart Charitable Giving - Thursday, June 18

Determining which organizations should receive your monetary donation is a very personal decision. But how do you make sure the organization is truly deserving of your money? Learn the tools to insure your donation is allocated per your wishes. *Presented by Skip Johnson, Great Waters Financial.*

Reverse Mortgages - Thursday, July 16

Are reverse mortgages really as good as they advertise on TV? Join us to learn more about what reverse mortgages really are, their advantages and disadvantages, how much cash they might give access to, how much they cost, and how they impact your home equity. Anyone who wants to get a reverse mortgage has to go through a counseling session. Find out what that consists of and why it is so essential. *And the best part is... you will become a savvy consumer in the process.* *Presented by Joy Gordon, Jewish Family and Children's Service of Minneapolis*

LIVING WISE and WELL



1:00-2:15 PM

Calvary Center Cooperative

7600 Golden Valley Rd

FREE. No need to pre-register. Just come!

If the Shoe Fits, Wear It! - Thursday, June 4

Learn about basic foot anatomy, foot biomechanics, common foot ailments and how a proper fitting shoe can alleviate, prevent or accommodate foot ailments. Our presenter will also have several samples of shoes and assorted accessories that can be utilized to accommodate and often prevent problems with feet before they occur as well as help with common foot issues.

Presented by Steve La Fond, Board Certified Podiatrist, Schuler Shoes

"Heads Up": Achieving Perfect Posture and Greater Flexibility - Thursday, July 2

Our posture impacts not only how we look, but how we feel. Simple changes in how we sit and stand can effect positive changes in our quality of life. Observe or join in as we learn easy exercises for improving posture, balance and flexibility. These exercises will be demonstrated from a standing or seated position, you will not be asked to get down to the floor. *Presented by Nancy Danielson, Active Older Adults Coordinator, YMCA-New Hope*

Remember When?...with Jan

1:00 PM

Dover Hills Apartments

2400 Rhode Island Ave. N

Join us for this informal gathering. We use the monthly topic as a guideline for discussion. No registration needed-just come!

Wed, June 17 —Remembering Picnics & Picnic Foods
Thursday, July 23 —Remembering Front Porches



Mondays with Mary—9:30 AM



Join Mary on Mondays to work on items for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, and Golden Valley Seniors. It's "fun art" not "fine art". We'll supply the materials and coffee.

Reminder: Phone registrations no longer accepted. Registration can be done in person, fax, mail and on-line at www.goldenvalleymn.gov/recreation

*TAI CHI



Endorsed by the Arthritis Foundation. Wear comfortable clothing. *Taught by Certified Instructor Marie Mathay.*

*Tai Chi for Health & Arthritis—Basic

Tuesday, June 16-August 11

8:30-9:30 AM

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Wear comfy clothes.

\$45/Resident, \$48/Non-resident *Code: S2207B*

*Tai Chi for Health & Arthritis—Moving On

Tuesday, June 16-August 11

9:40-10:40 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation. Wear comfy clothes.

\$45/Resident, \$48/Non-resident *Code: S2208B*

Summer Special-8 classes for the price of 7!

Curtain Call Theater Class – Wednesday, June 10



Covenant Village of Golden Valley
5800 St. Croix Ave.

1-3 p.m.

Free

Find your Inner Actor as we explore a little bit of many different theater styles. We will read some scripts from Radio Drama, do some improvisation exercises and theater games. We will make up characters and situations, and above all, have some good laughs with each other.

The class is taught by Rhonda Lund. Rhonda has 28 years of experience teaching to all ages, kindergarten to senior. She has acted and directed in the Twin Cities and is the Artistic Director and theater teacher of Theater Nest, a Minneapolis Children's theater company. This program is offered through COMPAS – Community Programs in the Arts

To register call or email Victoria Kendall, Church and Community Relations Director at Covenant Village of Golden Valley, 763 732-1525 or vakendall@covenantretirement.org

DEFENSIVE DRIVING 4-HOUR COURSE



Thursday, June 11

Thursday, July 9

Thursday, August 13

9 AM-1 PM.

\$17/person

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. No tests are given. Attendance is required to receive the certificate.

DEFENSIVE DRIVING 8-HOUR COURSE

Saturday, October 24

9 AM-5 PM.

\$18/person

Register for your class in advance with the Minnesota Safety Council by calling 651-291-9150 with a Visa or MasterCard or by mail. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103.

MONDAY OPEN STUDIO



Mondays, 9:00-11:00 AM

Bring your favorite medium and project to class. Painters assist each other through their projects in watercolors, acrylics and oil led by Michelle Basman. **\$1 per week. Pay at the front desk.**



*GOLF LESSONS and CLINICS

Golf Lessons and Clinics are held throughout the summer. Registration accepted in person or online.

Irons/Hybrid Clinic-S, June 6, 10 AM	\$25
Pitching Clinic-S, June 20, 10 AM	\$25
Full Swing Clinic Irons—F, June 12	\$30
Short Swing Clinic—F, June 26	\$30
Full Swing Clinic Woods—F, July 10	\$30
Full Swing Clinic Irons—F, July 24	\$30
Night Lesson League—M, June 8-July 20	\$125
Night Lesson League—M, Aug 3-Sept 21	\$125
Wine & Women Clinics—T, June 9-23	\$99
Wine & Women Clinics—T, July 7-21	\$99
Wine & Women Clinics—T, August 4-18	\$99

*register online or call 763-512-2300 for information

Interest Groups

*Lawn Bowling League – Tuesday, June 16-July 21



Brookview Lawn Bowling Courts 10-11AM

Take part in the first summer season of lawn bowling and join a league. The league begins on Tuesday, June 16 from 10-11AM with six weeks of league play. Game equipment is provided and an official is present during league play. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. No heeled shoes, flat-bottom shoes only on the court. Register individually or as a team of 4-8 players. We hope to have inter league play with Edina this summer. Minimum of 4 teams/Max of 16. *\$5 league fee + \$3/week includes 6 weeks of league play, game equipment, prizes and official.*

Last day to register/cancel: June 11 **Code: S3302A**

Senior Par 3 Golf League



Play the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season is May 7-September 10. \$5 league fee needs to be paid before signing up for a tee time.

Senior Patron 18-Hole Regulation League

\$15 league registration is due before your first week of play. Note: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, April 28-August 25. Call 763-512-2305 for information.

PICKLEBALL PLAY



Mondays & Thursdays 9:00 AM –1:00 PM

Crystal Community Ctr, 4800 Douglas Drive

Pickleball is played on a badminton or tennis court with the net lowered to 34 inches. A plastic ball and paddles are used. It's an easy game to learn. This is not a league, come when you can. Gym shoes required. *Fee: \$2/visit or one punch from the punch card (10 punches/\$15.00) payable at Crystal.* **NOTE: Gyms will be closed July 27-end of August for refinishing.**

PEDAL PUSHERS



Dust off that bicycle and join Nancy as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 a.m. and then bike 6-12 miles, stopping along the way for short breaks, to enjoy the scenery and each other. All riding levels are welcome. Helmets are required, water bottles and snacks are strongly recommended.

Ride dates are:

June 4, June 23

July 14, July 28

August 6, August 25

September 17, September 29

October 13.

Call the senior office, 763-512-2339, and be placed on the mailing list to receive meeting locations and directions.

Cards & Groups

Mondays with Mary—Mondays, 9:30AM

Bowling—Tuesdays, 12:15 PM at Texa-Tonka Lanes, 8200 Minnetonka Blvd. *Additional fee charged

Bridge: Thursdays, 6:30 PM and Fridays, 9 AM

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1 PM

500—Tuesdays, 6:30 PM and Wednesdays, 1 PM

Hand and Foot— Tuesdays, 1 PM

Pickleball—Mondays & Thursdays, 9AM-1PM at Crystal Community Center, *Additional fee charged. Groups meet at Brookview except Bowling and Pickleball. Join us.

2015 MEMBERSHIP DONATION



Be the first to see what's happening with the senior program when the newsletter arrives in your mail. Membership is good through December 2015. **Fee:** \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 12997.**

Send to:

Golden Valley Seniors

200 Brookview Parkway S

Golden Valley, MN 55426.

THANKS FOR YOUR SUPPORT!

Mary Wanderer's One Day Trips

Till the Cows Come Home—Friday, June 19



We arrive at the family-owned Tutti Fruitti Market Farm that features fruit, vegetables, eggs, jams, dressings, honey and maple syrup. A home-cooked luncheon buffet on the farm will delight your taste buds. Then off to the Red-head Creamery Farmstead. Our tour of the 180-milking cow farm includes viewing the dairy calves and heifers, the milking cows, milking parlor and milk holding room before ending in the cheese plant. Here we will learn about their unique cheese making process. Added bonus—you can purchase fresh out of the vat cheese curds, or, if you prefer, aged Cheddar at the on-farm store.

\$58 includes lunch, tour, motorcoach transportation and escort.

8:55 AM Bus leaves City Hall/ Calvary Co-op

4:30 PM Approximate Return

Last day to register or cancel: June 5

Code: 13040

*"The Best Little Whorehouse in Texas" at the Old Log Wednesday, July 8



This happy go lucky view of small town vice and statewide political side-stepping recounts the good times and the demise of the Chicken Ranch, known since the 1850s as one of the better pleasure palaces in all of Texas. Governors, senators, mayors, and even victorious college football teams frequent Miss Mona's cozy bordello until that puritan nemesis, Watchdog, focuses his television cameras and his righteous indignation on the institution. Made popular by the Dolly Parton and Burt Reynolds movie, the play is a nostalgic look at a delicate subject, but there's "nothing' dirty going on!" Lunch will be enjoyed before the show in the Old Log Dining Room. **State your menu choice when registering:**

- 1) Braised Short Rib, potatoes and seasonal vegetable
 - 2) Tilapia with potatoes and seasonal vegetable
 - 3) Vegetarian Pasta - white wine/butter with seasonal vegetables and herbs
 - 4) French Cut Chicken, potatoes and seasonal vegetable
- All meals include: Rolls, dessert, coffee/tea/soft drink.
\$64 includes lunch, theater ticket, transportation, escort.

11:00 AM Bus leaves City Hall/ Calvary Co-op

4:30 PM Approximate Return

Last day to register or cancel: June 12 Code: S3205A

*Magical Gardens – Wednesday, July 15



AS SEEN IN THE STAR TRIBUNE!

Our magical day begins in Wisconsin at the Mosaic Sculpture Garden where folk artist, Riana De Raad, will reveal images of her unique talent. Immerse yourself in the seasonal perennials, shade trees, interesting figures, quiet sitting areas, planters, bird houses and mystical life-size concrete mosaic statues in the tradition of American outdoor folk art. Lunch will be at the Westwind Restaurant. Enjoy their buffet luncheon of salad bar, two hot entrees, potato, vegetables, bread, dessert and beverage. Before leaving the area, we will stop at Earthworks Nursery, established in 1976 and in its second generation of family ownership. They have a selection of plants that will brighten your patio or garden and there is plenty of room in the luggage bay of the motorcoach if something catches your eye.

\$56 includes lunch, theater ticket, transportation and escort.

8:55 AM Bus leaves City Hall/ Calvary Co-op

3:15 PM Approximate Return

Last day to register or cancel: July 1.

Code: S3204A

*Mary Poppins at the Chanhassen Dinner Theater Wednesday, August 5



Arrive at the Chanhassen to enjoy lunch from the matinee menu prior to the show. Sit back and enjoy "Mary Poppins the Broadway Musical". Based on the iconic Disney film, Mary Poppins is a family musical featuring breathtaking dance numbers and unforgettable songs including: "Chim Chim Cher-ee", "A Spoonful of Sugar" and "Let's Go Fly A Kite". What could be more jolly? Winner of 44 major theater awards, this enchanting musical is *practically perfect in every way!*

\$75 includes lunch, theater ticket, transportation and escort.

10:25 AM Bus leaves City Hall/ Calvary Co-op

4:45 PM Approximate Return

Last day to register or cancel: July 1

Code:S3201A

Mary Wanderer's One Day Trips

*Shoji Tabuchi Show – Tuesday, August 11



The Branson star is coming to Minnesota and we have tickets! We'll enjoy a freshly prepared half-sandwich, cup of soup, cookie and beverage at Granite City Food & Brewery in St. Cloud before arriving at the Paramount Theatre. Get ready for a musical entertainment experience. The Shoji Tabuchi Show has been at the heart of Branson's success. With his sense of musical perfection, Shoji searched long and hard for the right professional musicians to form his band. Their repertoire includes everything from country to classic, played with all the subtlety or verve, as the music demands, of a gifted musical group. NOTE: Menu subject to change.

\$89 includes lunch, Shoji Tabuchi Show, motorcoach transportation, and escort.

10:25 am Bus leaves Golden Valley City Hall/Calvary

4:45 pm Bus returns

Last day to register/cancel: Wednesday, June 3

Code: S3211

*Heirlooms in Hutch – Thursday, August 13



Enjoy the ride before arriving at Clay Coyote Pottery for a behind the scenes look inside the studio of Tom Wirt and Betsy Price. Together they create stoneware that is beautiful and functional. Tom does the throwing, trimming and finishing while Betsy does all the glazing and firing. See the finished products at their gallery. Let's slow down the pace. Heirlooms Tea Room has beautiful gardens with cobblestone paths. Enter the Powder Room to select from vintage hats and other attire to wear while enjoying your Classic Afternoon Tea. Known for pampering their guests, the Tea Service is presented in courses. First Course: Three Finger Sandwiches; Second Course: Classic Cream Scone and Flavored Scone with Clotted Cream and Preserves; Third Course: Three Petite Sweets. A different pot of tea will complement each course. Back to reality as we load the bus and stop at Bongards' Creameries Retail Store with a full, fresh selection of your favorite Bongards' cheeses. Bongards', started in 1908, promised to produce the freshest, most wholesome and flavorful dairy products available. If you are making a purchase, bring a thermal cooler bag. *\$60 includes tours, tea, transportation and escort.*

8:35 AM Bus leaves City Hall/ Calvary Co-op

5:00 PM Approximate Return

Last day to register or cancel: July 20. Code: S3202



*December 4 - 5, 2015

2-Day Motor Coach Tour

\$335/person (double) \$390/person (single room)

Includes:

Deluxe motor coach transportation

Lodging for 1 night

Meals: 1-coffee, 1-breakfast, 2-lunch, 2-dinner

Attractions: Christmas Home Tours, Des Moines Botanical Gardens, Terrace Hill Governor's Residence, Salisbury House, Jolly Holiday Lights Display, Central Presbyterian Christmas Market

Tour Director, Mary Odell

Gratuities on included meals and attractions

\$75 deposit due October 12. Code: S3206

Call for brochure. 763-512-2339

*Cruising the St. Croix—Thursday, September 17



We're traveling to Stillwater to board one of the modern vessels from the St. Croix Boat and Packet Company fleet, climate controlled and fully accessible for our 2-hour cruise. Table seating is available on the first floor. Relax and enjoy the sights (hopefully beautiful fall colors) of the St. Croix River. A deli luncheon is served buffet style during the cruise. Enjoy a variety of meats, cheeses, salads and dessert bars. Coffee and soft drinks included. As we leave Stillwater we'll make a short stop at Pine Tree Apple Orchard. The orchard has hundreds of acres with many apple varieties and their bakery! Homemade pies, donuts, rollovers, caramel apples and more-YUM! *\$54 includes lunch, theater ticket, transportation and escort.*

9:55 AM Bus leaves City Hall/ Calvary Co-op

3:30 PM Approximate Return

Last day to register or cancel: August 24

Code: S3203

Community Information

FREE BLOOD PRESSURE CHECK

11:00-11:30 AM at Brookview

Wednesday, June 24

Wednesday, July 22

No appointment needed! Provided by Ambassador Care Center staff.



PENNY CARNIVAL VOLUNTEERS NEEDED!



Looking for a fun, volunteer activity? Help with the annual Golden Valley Penny Carnival. A variety of opportunities are available. Run an easy carnival game, help with the dunk tank, hay ride, popcorn machine, refreshment stand, and more. Instruction given the morning of the event.

Friday, July 24

10:00 AM-1:00 PM (Event is 10:30 AM-12:30 PM)

Brookview Park Large Picnic Shelter

Call 763-512-2339 to volunteer.

Confused about Medicare?



Make a **free** appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00AM, 10:00AM, 11:00AM. Thursday, June 11, July 9, August 13, September 10

SENIOR LINKAGE LINE

1-800-333-2433



Call first with your questions. The staff and volunteers have access to local, state and national information. If we can't answer your question, we'll find the number of someone who can.

Store to Door – 651-642-1892



Store To Door, a non-profit grocery shopping and delivery service for seniors, needs volunteers! Volunteer Order Takers call clients from their homes each week and enter orders into an online ordering system. Volunteer shoppers work in partnership with several metro area Cub Foods and work to shop and prepare orders for weekday morning deliveries. Call 651-642-1892 or visit www.storetodoor.org

COMMUNITY PHONE NUMBERS

Crystal Community Center—763-531-0052

Dinner At Your Door—763-531-1183

Golden Valley Seniors 763-512-2339

HOME—952-746-4046

LinkVet Hotline—1-888-546-5838

Senior Dining—763-531-1183

Senior Linkage Line—1-800-333-2433

Senior Outreach—952-746-4028

Store to Door—651-642-1892

HOME—952-746-4046



Need help around the house? This program matches skilled workers (paid and volunteer) with those who need help with yard work, cleaning windows, house cleaning and minor home repairs.

Happy Feet Foot Care Clinic—763-560-5136



The licensed nurse is specialized in routine foot care for elder and diabetic feet. She works on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage provided with each visit. Bring a towel and your medical history with medications on your first visit.

Call 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.*

Friday, June 5, 12, 19, 26

Friday, July 10, 17, 24

Fee: \$34. Payable to Happy Feet Footcare, Inc.

Senior Dining – 763-531-1183



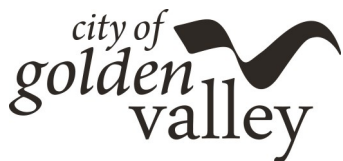
Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested, but no one will be denied a meal.

Take out meals are also available. Call from 9:00AM-11:30 AM for reservations and questions.

Dinner At Your Door-763-531-1183

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne at 763-531-1183 from 9:30-11:30 AM for information and menu.





Parks & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426

PRSRT STD
US Postage
PAID
Permit No.1659
Twin Cities, MN

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: _____

Address: _____ **Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Date of Birth** _____

E-mail: _____

Emergency Contact Name & Phone (if different from above): _____

Participant's First & Last Name	Trip/Activity	Trip/Activity Code	Pick-up Site	Special Requests	Fee
_____ Cash _____ Visa or MasterCard # _____ _____ Check # _____ Sign for credit card: _____					TOTAL

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley and its partner cities or other governmental agencies (hereinafter collectively "City") to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ **DATE:** _____